



# INSTITUTE OF NUTRITIONAL ENDOCRINOLOGY

## Digestion: 30-Day Gut Repair and Detox Protocol

### Dr. Ritamarie Loscalzo

**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, [drritamarie.com](http://drritamarie.com), and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

## Foundations of Healthy Digestion

- ✓ Eat in a calm relaxed state – deep breathing and appreciation
- ✓ Start the day with a cleansing beverage of warm or room temperature water, lemon, cayenne, and mint oil
- ✓ Drink a glass of lkewarm water  $\frac{1}{2}$  hour before the meal
- ✓ **Bitters** 5 minutes before the meal
- ✓ **Digestive enzymes** with all cooked and complex raw meals
- ✓ Chew food thoroughly
- ✓ Eat slowly and focus on the meal
- ✓ Food combining or sequencing



## Gut-Friendly Foods to Include Daily

- ✓ Green drinks – 32 ounces or more
- ✓ Sea veggies
- ✓ Chlorella
- ✓ Probiotic-containing foods
- ✓ Lots of greens, to tolerance
- ✓ Brassicas, aka cruciferous vegetables
- ✓ Fruit should be eaten with greens or celery to prevent a sudden rise in blood sugar, and potential to feed yeast
- ✓ Enzymes: 1-2 with all meals, except juice only or shake



ANSWER

## Gut Repair and Healing Cleanse

Liquid only, any combination

- Water
- Chia beverage
- Green juice
- Green smoothie
- Green soup
- Green powder
- Protein powder
- *HealthForce Nutritional Earth*
- Slippery elm drinks
- Aloe vera



\*Include some arugula leaves in green drink

\*\*\*At least 2 days of liquid only recommended; longer if chronic, irritated or inflamed gut tissue.

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## Supplements for Gut Repair Jumpstart

- ✓ **NAC:** 600 mg
- ✓ **L-Glutamine:** 3500 mg
- ✓ **Arabinogalactan:** 2000 mg
- ✓ **DGL (Deglycyrrhizinated Licorice Root):** 500 mg
- ✓ **Aloe Leaf Extract:** 100 mg
- ✓ **Vitamin B1:** 150 mg 3 times/day

**\*\*\*GlutaMed by NuMedica and RepairVite by Apex have all but the NAC. RepairVite includes a nice assortment of other healing herbs.**

*\*\*This is one sample of a regime; it may need to be adapted if some ingredients not tolerated*



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## INE: Digestion:30-Day Gut Repair and Detox Protocol

7-Day Gut Detox and 23-Day Repair Protocol	
Gut Repair: Days 8 – 30	
<ul style="list-style-type: none"><li>Continue with <b>2 or more green drinks</b> each day (more if you are so inclined) – Whenever possible, replace one or two meals with green drinks.</li><li>Continue <b>supplements</b> twice a day.</li><li>Continue <b>elimination diet</b>.</li><li>Use <b>"Foods that Harm: Foods that Heal Your Digestion"</b> as a guideline of what to eat.</li><li>Make the <b>Healing Broth Recipe for Inflamed Colon</b> recipe from the GRAND Recipe Collection as often as possible.</li><li>Take <b>bitters</b> before meals if you scored high on the low stomach acid part of the digestive assessment.</li><li>Take <b>digestive enzymes</b> with each meal if you scored high on the low stomach <u>acid</u> or small intestine/pancreas part of the digestive assessment.</li><li>Make sure you are eliminating! Consult <b>"Moving Toxins Out: Elimination Bootcamp for Your Bowels"</b> for additional suggestions and consider enemas and colonsics. For lots of resources on doing enemas at home check out: <a href="http://www.drlismanie.com/po/CoffeeEnemaLiterature">http://www.drlismanie.com/po/CoffeeEnemaLiterature</a></li></ul>	
If you've had long standing, chronic or severe digestive issues, have been diagnosed with Crohn's or ulcerative colitis, or you have a negative reaction to mucilaginous foods and herbs, consider choosing only those foods on the <b>"Modified Specific Carbohydrate Diet"</b> .	